

Best Practices I

1. Title of the Practice

Govt. College Bhiwani is a co-educational institute which was incepted in the year 1971 with the efforts of founder of Haryana and the then Chief Minister of Haryana, Ch. Bansi Lal Ji. The college runs in two shifts morning and evening and offering courses both at UG and PG Levels. The college with its rich history of achievements is held in high esteem not only by the student's fraternity but also by citizens in general. In the light of the fact that institute has completed 48 years of its glorious accomplishments, the college is always committed to maintain its worthiness and high esteem through a system of conscious, consistent and catalytic action to improve the academic and administrative performance of the institution and to promote measures for institutional functioning towards quality enhancement through internalization of quality culture and **institutionalization of best practices**. We are following one of the best practices in the area of sports to fulfil the needs & aspirations of students as well as society with the **Title** as "We are the Champions".

2. Objectives:

Sports are a vigorous physical activity which involves physical exertion and skill. Sports not only have physical benefits but it also improves concentration and makes one more alert and attentive. It helps to enhance the overall personality of an individual and makes him more productive and alert. It also increases social interaction and develop sportsman spirit in an individual.

We can proudly claim that we have an outstanding department of physical education and sports. Through the decades the departments have nurtured students showing potential. Our impressive list of winners stands testimony to our accomplishments. Every year we have students achieving distinction and winning medals at the International, National and State levels. Our students have left their mark in sports ranging from athletics to weightlifting and from boxing to throw ball. Our modest endeavor will be to increase the graph of achievements in future.

3. The contest:

The college realizes that sports achievements add valuable dimensions to our reputation and provide encouragement and support in the form of training facilities, allowances and cash awards. The efforts of the college are not limited to only outstanding sports achievers; it also promotes our interest in sports and physical fitness among staff and students also through yoga classes, intra-mural competitions and annual athletics meet etc.

But the coin has the other side too; keeping in view the talent we have in our students, the college has to face many challenges to facilitate the talent of our college. Though we are running co-educational College with lots of potentials of female players but we are not in a position to provide special coaching, caring and other related facilities to female players. We are also lacking in special coaches for various games.

4. The Practice:

As already said, Sports give peace of mind that allows greater concentration. Sports acts as a great outlet for frustrations of any kind and sports education in this way is taken up on the war footing in higher education for the all-round development of the students which help them immensely in their lives ahead. The college specially, the department of Sports realigned that now a days the system of education lays more stress on mental development the students and completely rejects the physical activities. The overall outcome of this is that the developing groups of graduates and professionals have weak bodies and poor physique. The curriculum should include sports, games and physical health education for the all-round development of the students. In the present day scenario of higher education in India sports education not only teaches the students to maintain the physical stamina but also the habit of obedience, discipline, the determination to win, will power etc. The power of reasoning, mental development, vocational specialization comes from the academic education of the students.

Therefore, sports education alongwith the academics results in the all-round development of the students with the advent of leagues for sports like cricket, football, hockey and Kabaddi in India. It has also opened newer ounces for livelihood for people not only in India but across the globe. In India, National sports policy 2011 stresses on the point that sports and physical education play an important role in developing human capital, increase productivity and foster social harmony. What we act, our college makes our students ready to face challenges of life with strong determination. The athletic activities provide enjoyment and surprised activities for young students. Consequently, our athletes boost healthier eating habits, decrease anxiety and depression.

Since infrastructure is necessary for training and organizing games, its non-availability and its access limited to a few sections of the society has adversely affected the sport participation and the quality of sports. Young people spend a large portion of their time in educational institutes and significant amount of learning takes place in these institutes. Alongwith quality education, it is vital that sports and physical education are made an accessible and regular part of learning during these formative years. This naturally makes organized sports vital component of social and academic experiences for many students. Activities that encourage physical movement and exercise in students create an enjoyable experience for students in schools and colleges. Even the government recognizes these advantages and has also introduced sports programmes at the grassroots level to build a sound framework for various sports that are played all over the country. These programmes are even meant to target the entire sports infrastructure, talent identification, coaching excellence, and competition structure and sports economy.

So, our college is always dedicated to give maximum chance to our talents so that the students will get success and make the college and country proud. It will also enhance the opportunities to make them economically strong too.

5. Evidence of Success:

Physical Education & Sports Department of the College takes care of the promotion of sports and games and work towards making sport more accessible to each student and aim to get them living a healthier lifestyle. The Physical Education department organised various activities/events and ensured larger participation & achievements at International/National/State and Inter-University Level competitions. An Annual Athletic Meet was organised from 26-02-2019 to 27-02-2019 in which more than 194 students participated in various athletic events. Selection Trials to select Teams for various games/sports and intra-mural sports competitions were also organised. Some of the achievements during the year are; it was a matter of great honour for Our College that one of our students won “Bronze Medal” in **Junior Asian wrestling Championship & secured 4th position in Junior World wrestling Championship. Besides above one of the player also won a “Silver Medal” in World Para Power Lifting Championship. Moreover, our college begged “Gold Medal” in Junior National Athletics Championship and also secured 1st position in one event, 2nd position in one event & 3rd position in one event at All India Inter-University Level Championships with many other prizes/awards & participation at university/inter-university & State/National Level tournaments. An amount of **Rs. 357000/-** was utilized for strengthening sports infrastructure & promotion of sports activities i.e. organizing sports events, facilitating sports uniforms, Sports Prizes and T.A/D.A to participants & team in-charges in accordance with budgetary provisions & fund rules.**

6. Problems Encountered and Resources Required:

The excellence in sports requires regular practice under the supervision of efficient coaches with adequate sports infrastructure but the college encountered the problems of indoor stadium & a sports hall etc. during the year. Consequently the players have to visit Bhim Stadium Bhiwani for regular practice. We are also lacking the facilities for basketball, hockey and other popular games which can provide a chance to our students to show their talent in this field at international level also. We have a number of good boxers and wrestlers who have shown their potentials at National and International levels. But we are unable to provide them Boxing ring or other facilities due to many reasons. So, the college is committed and working vigorously for building a rich sports infrastructure in the form of Boxing Ring, Indoor Stadium and construction of a separate sports hall in the college campus itself.

Best Practices II

1. Title of the Practice

Govt. College Bhiwani is a co-educational institute which was incepted in the year 1971 with the efforts of founder of Haryana and then Chief Minister of Haryana Ch. Bansi Lal Ji. The college runs in two shifts morning and evening and offering courses both at UG and PG Levels. The college with its rich history of achievements is held in high esteem not only by the student's fraternity but also by citizens in general. In light of the fact that institute has completed 48 years of its glorious accomplishments, the college is always committed to maintain its worthiness and high esteem through a system of conscious, consistent and catalytic action to improve the academic and administrative performance of the institution & to promote measures for institutional functioning towards quality enhancement through internalization of quality culture and Institutionalization of Best Practices. **We are following one of the best practices in the area of Cultural Activities to fulfil the needs & aspirations of students as well as society with the Title as "Cultural Activities: A pioneer in Personality Development"**.

2. Objectives:

Overall development of students' personality is the ultimate goal of education. Extra co-curricular activities being an inalienable part of education have been at the fore-front in realizing this goal. Cultural activities provide a window to the outside world, thus, providing opportunities to interact with the world and enrich himself/herself with the first-hand experience.

These activities not only develop personality of the students but also explore the talents of the outshining and meritorious students and help them achieve excellence in their specific area of interest, such as performing arts and theatre. The cultural activities help the students realize their full potential and contribute to the society in a big way. This institution endeavours perpetually to strain every nerve to provide every possible opportunity to the students so that they are able not only to avail opportunity but also express their inherent and latent talents.

3. The contest:

Cultural Activities being an amalgamation/consortium of many activities require efficient management of resources. It is more so in an academic institution. There are other important activities as these, except academics. Therefore, to excel in this field necessitates a fine balance among other related activities of Academic and cultural. Though we try our level best in cultural field yet the gravity of challenges becomes more complicated when one has to face crunch in terms of Funds, time and Human Resources.

There are three major challenges that prove to be road blocks in realizing full potential of the students.

- i. Scarcity of Funds.
- ii. Shortage of time.
- iii. Non-Availability of Quality/Expert Trainers.

- i. Funds/money is prime mover for any standard activity. Funds are required for purchase / hire of costume of Casts, for stage (appropriate stage decoration and instruments are required for the performance of the items. For so many activities the requisite amount of money is a major concern and thus it is managed prudently by making some changes in spending such as hiring of costumes and instruments instead of purchasing.
- ii. Time is a constraint as far as cultural activities are concerned. The primary purpose of the students, in an academic institution is to get education. He/She has to perform well in examination so that the result is on expected lines at the same time the students have to devote a considerable period of time and energy as well in pursuit of excellence in any cultural activity. Unless he/she strikes a fine balance between these two, failure is sure to happen in either activity. It is more so because most of the students are from far flung rural areas and they even have to travel upto 60 KM per day putting the times chariot always at their back, living little time for these activities.
- iii. The last but not the least is non-availability of quality trainers in the vicinity of this institution. There is a cutting edge competition everywhere and to compete means preparation of high standard. Even then this institution has been able to bag many coveted prizes and trophies in competition at local and national level.

4. The Practice:

Culture being a blueprint of life activities is inclusive of every aspect of our life. It guides people's actions and feelings towards numerous things. It is a major player in shaping our attitudes, habits, actions and thoughts.

In this age of globalization there is an urgent need to appreciate and understand the unique culture of our country. This way students are encouraged to explore and experience personally the traditions, beliefs, values and life style of our country. In this era of fast disappearing traditional activities and a growing inclination towards the western culture is a serious cause of concern today. By means of these activities, students are made to realize for instance value of joint family and bones of love affection among the family members as well as the root cause of strained family relations which is glaring reality today. As higher education in India, emphasizes personality development through extra co-curricular activities, providing maximum possible opportunities to the students to interact with the outside world.

This institution has not only tried to give concrete shape to this vision but also has won accolades in this field. The students of this college have won many coveted prizes and positions in many competitions. These inspiring stories of success have fuelled the momentum so as to add a lot of feathers to the cap of the college.

Notwithstanding, extraordinary success in this field, there have been constraints and limitations as well. One of the major constraints is to find suitable 'Casts' for the specific item or genre, as this institution is fed with the students from rural areas wherein cultural aspects of education is paid least attention. Therefore, to sift out to and polish the rough talent

requires a lot of time and energy. It is more so in case of girls students especially when they have to go and stay away from this station.

Lack of ultra-modern facilities for rehearsing and lack of other infrastructures have come in the way of improving the lot.

5. Evidence of Success:

The cultural committee arranges youth welfare programmes like talent search Programme for empowerment and capacity building of youth for realization of potentials. The committee seeks to create a platform that provides the students with an opportunity to display creative talents in a variety of ways. During the talent search Programme singing, dancing, art & theatre items are presented and quiz, debate, declamation and other competitions are also organised as major youth activity programmes & talent is identified. The College organised & participated in various Intra/ Inter-College, university, District/State/National Level programmes during the year. The College organised Talent Search Programme from 25-8-2018 to 26-08-2018 & Mandatory Cultural Programme 'JHANKAR' from 26-09-2018 to 27-09-2018 and Haryanvi Folk & Food Festival (University Level) "LOOR" from 15-03-2019 to 16-03-2019 with high zeal & enthusiasm ensuring large participation of students. The Programme was well-managed & successful with proper arrangement of teams from 18 Colleges, having 450 participants in 43 cultural & food events. **The College was adjudged 2nd in Mime event at All India Inter-University Youth Festival** organised by Punjab University Chandigarh from 01-02-2019 to 05-02-2019 and begged Two 2nd and one 3rd position at State Level Cultural Festival organised by Central University Pali, Mahendergarh from 25-02-2019 to 26-02-2019. The college also participated in Cultural Festival "RATNAWALI" organised by KUK from 26-10-2018 to 29-10-2018 & begged one 1st, four 2nd & one 3rd Prize. In addition, college begged many considerable achievements in Folk Festival (Falgun Mela), Inter-College & University Level Folk Festivals also. An amount of **Rs. 610000/-** was utilized for promotion of cultural activities i.e. organizing & participating cultural programmes/events, refreshment during rehearsals, hiring of dresses, Accompanists & Director charges, and T.A/D.A to participants & team in-charges in accordance with budgetary provisions & fund rules.

6. Problems Encountered and Resources Required:

Problems are stepping stones in any endeavour. Anything achieved without sweating has no enjoyment in life. So, success story of this institution in the field of cultural activities is not without facing difficulties. Major constraints which were encountered in this journey are as follows:-

- i. **Scarcity of Suitable Cast:** - This institution is surrounded by rural area. Students are having rural social and cultural background wherein extra co-curricular activities are paid little or no attention during schooling years. During these years the main focus remains on academics and cultural activities are organized just as formalities. So, this makes it very difficult to find such students who are suitable for such activities. This entails much more time to polish such rough jumps to compete with well-trained competitors.
- ii. **Limitation of time:** As the students in this institution come from far flung and remote area, they have to start early either way. The classes are stretched till 03:00 pm or so leaving limited time for rehearsals of any cultural activities. Thus students are

reluctant to stay on for longer period because there is always a fear of missing last bus to their home. Here comes in the issue of the better management of time. The students who participate in any activity are asked to rehearsal during their vacant lectures and thus the time constraint is overcome, by and large.

- iii. **Scarcity of Cultural Paraphernalia:** Cultural activities are numerous so the requirement of any good performance is to equip the characters/participants with best costumes and provide latest instruments and best stage decoration. It is not possible to buy everything because of financial limitations. This limitation is overcome by way of hiring the required items at the time of event.
- iv. **Scarcity of Funds:** 'Money makes the mare go' is apt and appropriate and is so in this field as well. It comes in the way of achieving desired goals in this field. But this doesn't mean that scarcity of funds cannot be managed to realize full potential. There have always been positive efforts on the part of college administration to augment funds and simultaneously use the same prudently whatever is at hand. Therefore, the preparation for every event is done on these lines. Plenty of prizes and extraordinary performance of cultural team of this institution is a testimony of this management.